

## Parent & Child Activities

### 0-18 Months

#### Row , Row, Row Your Boat

While sitting on the floor, place child between your legs so that both of you are facing forward. Hold an empty paper tube in front of the child's arm so that you are both holding it. Gently reach forward and back in a rowing motion while reciting a rhyme: Row, row, row your boat....what other things could you row? Perhaps you could ride, ride, ride your trike...?

**Some great ideas for books to promote physical activity:**

If You're Happy and You Know it by Jane Cabrera, Knees and Toes by Scholastic Inc, Ten Little Fingers by Annie Kubler



### 18-36 Months

#### Super Kids!

Jumping is a great way to have fun and move your body. While holding onto the child's hand for safety, pretend you are jumping tall buildings in a single bound by jumping on or off a sturdy box, a curb, a step, or a platform. What else can you pretend to jump over? A sprinkler—feel the water splash: a shark in the water—watch out for his teeth!—a fairy or gnome house—don't step on your forest friends!—you choose!

**Some ideas for great children's book characters to act out:**

**Maisy, Curious George, Skippyjon Jones, Elmo, The Cat in the Hat**



### 3-5 Years

#### Indoor Obstacle Course

Collect some 'obstacles' e.g. pillows, chair, stuffed animals, pots & pans, blocks. Set items around the room to create your course. Have rules for each item such as "hop on one foot around the chair" or "walk backwards 6 steps with the pillow balanced on your head" or "play a song using a wooden spoon and a pot."



For other great ideas to enjoy and promote physical activities with your children, go to [www.chfs.ky.gov/5210](http://www.chfs.ky.gov/5210)

# 5-2-1-0

HEALTHY NUMBERS FOR KENTUCKY FAMILIES



[www.chfs.ky.gov/5210](http://www.chfs.ky.gov/5210)

# 5-2-1-0

HEALTHY NUMBERS FOR KENTUCKY FAMILIES



F I V E  
OR MORE FRUITS &  
VEGETABLES EVERY DAY



T W O  
OR LESS HOURS  
OF SCREEN TIME



O N E  
HOUR OR MORE OF  
PHYSICAL ACTIVITY

Z E R O  
SUGARY DRINKS



## 5-2-1-0

### Parent and Child Physical Activities



[www.chfs.kygov/5210](http://www.chfs.kygov/5210)